



CRASHING INTO POTENTIAL

Visual Arts

Lesson 1: GOALS – Discovering Resilience in Artistic Expression (Week 1&2)

- Explore the concept of resilience through artistic creation
- Use art to express personal experiences and goals
- Reflect on the role of art in personal growth

Lesson 2: MAKING CHOICES – Discovering Resilience in Artistic Expression (Week 3&4)

- Analyse how choices in art-making reflect resilience
- Experiment with different artistic techniques to convey meaning
- Reflect on the impact of artistic choices on self-expression

Lesson 3: MINDSET – Building a Positive Mindset for a Resilient Tomorrow (Week 5&6)

- Develop a positive mindset through artistic practice
- Use art to explore and reinforce resilience
- Reflect on the relationship between mindset and creativity

Lesson 4: PERSEVERANCE – Perseverance Takes Shape (Week 7&8)

- Explore perseverance through sustained artistic projects
- Overcome challenges in the creative process
- Reflect on the importance of persistence in achieving artistic goals

Lesson 5: DISCUSSION – Self-Portrait Presentation (Week 9&10)

- Present and discuss self-portraits as expressions of resilience
- Reflect on personal growth through artistic self-representation
- Develop skills in presenting and critiquing artwork